



# SEAFOOD 101

## SHRIMP

### VITALS

#### Quality Issues

Almost all commercial shrimp are dipped in a phosphate solution to stop natural enzymatic reactions that degrade their proteins and blacken their shells. Slimy or “glassy” shrimp is a sign of phosphate abuse. Overuse of phosphates in processing can also lead to excessive water retention. Ammonia odor indicates shrimp is decomposed. Yellowing around the neck is a sign shrimp was held too long before processing.

#### Flavor Profile

Oregon pink shrimp are renowned for their sweet, delicate flavor and firm texture.

#### Preparation

Oregon pink shrimp are fully cooked and peeled. If frozen, simply thaw under a stream of cold water. They go well in salads, soups, omelets, casseroles, and all kinds of pasta dishes. When adding shrimp to a hot dish, add them at the last minute, though, as they will dry out.

#### Storage and Handling

Properly frozen shrimp will last about nine months. Fresh product has a shelf life of five days to a week.

## THE BASICS

#### Market Name

Pink shrimp, cocktail shrimp, bay shrimp, salad shrimp, popcorn shrimp. Shrimp is known as ebi when prepared for sushi.

#### Harvest Method:

Trawl net. The trawl configuration used in the Oregon pink shrimp fishery is deemed less damaging than other trawl gears used in coldwater shrimp fisheries. The nets generally do not contact the sea floor and they also feature a special Fish Excluder Device that allows unwanted fish (bycatch) to escape.

#### Season:

April to October.

#### Stock Status:

Stock status of shrimp is difficult to measure, however the state’s scientist believe that since boats have been catching generally the same amount of shrimp without any increase in effort (referred to as Catch Per Unit Effort or CPUE) in the last 40 years, that there is no evidence of overfishing. Also because shrimp are relatively short lived and highly reproductive, they are inherently resistant to fishing pressure.

#### Home Range:

Alaska’s Aleutian Islands to San Diego, Calif.

#### Management:

The State of Oregon limits shrimp permits, closes the season during the stock’s reproductive period, and requires use of “by-catch” reduction devices.



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# PAGE ONE



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## FREQUENTLY GIVEN ANSWERS

### What is the most consumed seafood species in the US?

Shrimp! But about 90% of the U.S. shrimp supply is imported from aquaculture facilities in Asia and South America.

### What's so bad about aquaculture?

The expansion of aquaculture in the US and abroad poses significant threats to the environment, including the pollution of land and waterways, destruction of mangrove forests, and the depletion of wild fish stocks and biodiversity.

Despite these negative effects, federal policies have supported funding the expansion of aquaculture – since wild fisheries are often conducted in areas rich in natural resources, and if wild fish are no longer necessary to meet seafood needs, then hard rock mining, oil drilling, and natural gas extraction can occur with little opposition.

Despite high levels of contamination in many foreign aquaculture facilities (Thailand, Vietnam, and China to name a few), the US inspects less than 2% of imported seafood. It is very possible that farmed, imported shrimp contaminated with residues from pesticides, antibiotics, and other filth is actually reaching US consumers.

### How can I know where my fish comes from?

Local Ocean labels all fish in our market with the location of where it was harvested and most times the name of the boat that caught it. If you are shopping in the supermarket, all fish need to, at a minimum, be labelled with their country of origin (also known as COOL).

Avoid imported farmed shrimp. Choose wild shrimp, particularly from the West Coast of the US, Canada and Mexico.

## MORE

### Sustainability

Monterrey Bay Aquarium green light  
Marine Stewardship Council

## EXTRA CREDIT

### Why is the Oregon shrimp fishery considered the most sustainable shrimp fishery in the world?

The gear used in the fishery has virtually no impact on habitat and results in almost zero bycatch of untargeted species.

The shrimp are very short-lived and highly reproductive, so they are inherently resistant to fishing pressure.

### What's the difference between shrimp and prawns?

There is no hard and fast rule about applying the names “shrimp” and “prawn.” While there are some anatomical scientific distinctions, generally all species are referred to as shrimp, with larger shrimp referred to as “prawns.” The term “scampi” refers not to a species, but to the method of cooking large shrimp in butter and garlic.

### There are more than 3,000 living species of shrimp worldwide.

Many are tiny or inhabit niches unsuited to commercial fishing harvest. Worldwide, about 40 species of shrimp are harvested commercially.



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## PAGE TWO

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